

16-24?

Ready to change life for the better?

YOU are invited to attend a **FREE**

CONFIDENCE & MOTIVATION COURSE

PROVIDED BY...

ACTIVE PLUS
VETERANS INSPIRING PEOPLE

Helping you to:

- Break Down Barriers
- Develop Personally
- Build Trust
- Move On Positively

FOR MORE INFORMATION

 **01326 567174**

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 www.activeplus.org.uk

*Believe
in
Yourself*

When?

Monday Mornings
10am - 1:00pm

Starting:

19th February

Held over 4 weeks

Free
Introductory
Session
Friday
16th February
10am - 12pm

Reach
YOUR
Goals

Where?

The
Dracaena Centre
Dracaena Avenue
FALMOUTH
TR11 2ES



Yep! #YouCan

Building confidence, resilience and competence of Young People